

Mental Health News

IAPT: benefits and impact

The Mental Health News e-bulletin is a daily bulletin issued by the Mental Health Improvement Programme (MHIP) containing an item relating to a Mental Health issue, development or outcome in the North West.

The aim is to bring awareness to our stakeholders about service improvement and innovative projects underway in Mental Health across the North West, and to encourage you (the reader) to act as vehicle for ensuring that your organisation is engaged with the work where applicable.

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Pam Tinsley, Clinical Coordinator from NHS Knowsley Mental Health Service, describes how Improving Access to Psychological Therapies (IAPT) can increase the therapeutic alliance and provide measurable outcomes.

Primary Care Mental Health services have always been based on local needs, providing NICE compliant therapy for common mental health issues. This is still the case but within a changing society comes shifts in how clients need to access therapy and as a result there is more recognition of the link between work, health and wellbeing. Clients bring a range of issues all reflected in, triggered by or compounded by their daily life situations and/or the larger elements of economic and cultural changes. IAPT has enabled the sometimes harder to reach clients or those who have lived with lower levels of anxiety or depression to access therapy.

Expansion of services has come through new Low and High intensity workers who provide either step 2 or step 3 CBT based therapy for anxiety and depression disorders. This targeting of issues, that may prevent clients moving on with their lives and employment, also aids clients in viewing these problems in a broader context. Clients can access services through wider and easier routes, via employment agencies, self referral, and health professionals. Through joint working, with employment agencies and other 3rd sector partners, clients and clinicians can more appropriately treat issues and provide a more holistic approach.

Assessing clients within 3 days increases the likelihood of engagement and also enables services to place clients either in the appropriate therapy step or for clients to start their therapeutic journey. With the use of the minimum data set, Clinicians and clients have a measurement of clinical progress. Sharing information in this manner increases the therapeutic alliance and the focus of therapy, and provides measurable outcomes. By keeping the client at the centre of the IAPT process and working in a collaborative manner with other agencies, a seamless service is provided for both clinician and client.

For further details about the service view the following webpage:

<http://www.knowsley.nhs.uk/pages/yourservices.aspx?iPagelId=3279>

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